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The SHELDON METHOD

OF CURING

All Forms of Spinal Trouble



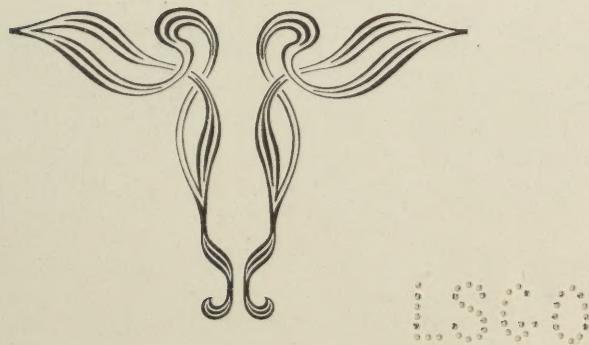
PHILO BURT MANUFACTURING CO.

• JAMESTOWN, N. Y., U. S. A. •

Philo Burt Manufacturing Company

INCORPORATED UNDER THE LAWS OF NEW YORK STATE

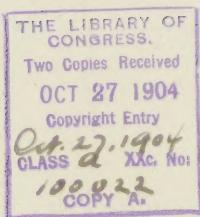
GENERAL OFFICES
JAMESTOWN, N. Y., U. S. A.



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TO PHYSICIANS.

This booklet is offered to the medical profession by the Philo Burt Manufacturing Company, makers of Spinal Appliances, with the hope that the profession will carefully peruse its pages and thus gain a knowledge of the best support ever invented for the treatment of curvature, weak back, irritable spine and kindred ailments. Every medical man realizes with what difficulty a certain class of patients, who really need a spinal support, are persuaded to wear one. If it can be demonstrated to these people that the spinal support can be worn without anyone suspecting that they are wearing one, that it is comfortable, will not chafe or cause pain from pressure, is light in weight, yet strong enough to give the required support; that it will exert a continual lifting power, which will entirely take the weight of the upper portion of the body from the tender or deflected spine and straighten it (if not ankylosed), at the same time causing no muscular atrophy, we are confident that the patient will accept the physician's advice, wear the support and receive great benefit thereby.

What has been said of the Philo Burt Company's Appliance is true in every particular, and repeated trials have demonstrated that this Appliance is much superior to any form of Support hitherto used. Many of the best known physicians in different parts of the country have used it and have assured the company of their satisfaction with the results obtained. These gentlemen say that it is much better than plaster, sole-leather, metal or any other form of apparatus used, for the reason that being comfortable to wear, there is no loss of general health in the patient, nor nervous symptoms which often occur in patients compelled to wear the heavier forms of support. It gives better lifting power, placing the weight on the hips and removing it from the spine. The porous material which composes portions of the Appliance make it comfortable even in tropical climates, thus no irritation is caused as by plaster or sole-leather. Being perfectly adjustable and easily removed and applied is another advantage.

TREAT YOUR OWN PATIENTS.

Many practitioners have few facilities for applying plaster and sole-leather jackets and prefer using the Philo Burt Appliance for this reason. A number of these gentlemen have said that they formerly sent their patients long distances to specialists because they had no facilities for treating their own spinal cases. Since they have been familiar with the Philo Burt Appliances they treat these cases themselves and thus save their patients expense with benefit to their own financial condition. A list of physicians from not only Jamestown, New York, where the Appliance is made, but in different localities, is appended. You can but admit that they are men of standing in the profession, whose advice is valuable on any question of professional nature.

Our present Vice President, Dr. W. M. Bemus, while in charge of a Division Hospital, during the war with Spain, was injured and a curvature of the spine resulted. After wearing plaster jackets and different forms of support, he was induced to try a support made by the Philo Burt Company under the advice of Dr. Jay W. Seaver, Medical Instructor in Yale University. Dr. Bemus was so much pleased with the result obtained in his own case that he induced the president of the company to remove the plant to Jamestown, New York, and ultimately became connected with it. Our Appliance is in use by the Surgeon General of the Army. Veterans of the Civil War and Spanish War have them furnished through his office to relieve all forms of spinal trouble, often results of gun shot wounds affecting the ribs or vertebrae. Dr. E. T. Darby, a Professor in the University of Pennsylvania, at Philadelphia, has worn the Philo Burt Company's Appliance and recommends its use in cases of spinal curvature of any form. The above mentioned medical men can speak of the practical value of the Appliance from personal use and experience. Mr. P. B. Sheldon, the inventor, was also a sufferer from curvature of the spine in an aggravated form. He used plaster, sole-leather and steel braces for many years and finally invented the Appliance referred to. After wearing it for some years, he was, at the age of eighty-three, straight and active.

We can furnish you the names and addresses of physicians and others in your state or country who have used the Appliance, as they are in use in every state of the Union, and in most of the foreign countries. All we ask is that you try the Appliance, and test it in your own practice. Every facility will be given you to do this. The measurement blank sent with this book will give you information in regard to taking the measurements properly. Each Appliance is made to order for each individual case from measurements taken by a physician.

We will allow a thirty day trial of the Appliance. On receipt of the measurements, together with the price of the Appliance, we will have the required support made carefully to the measurements and according to your instructions. It will be sent direct to you or the patient, as you prefer. If after giving the Appliance a fair trial of thirty days, it is not satisfactory to you and the patient, it can be returned at the end of that time and the money will be refunded. Could you ask for fairer treatment than this?

As reference to our reliability we would be glad to have you write to any bank or banker in our city or to any business house or individual.

You can, if you wish, look us up through Dun's or Bradstreet's Agencies.

The price of each Appliance is given with the description of each.

For terms and discounts to physicians see the accompanying letter.

The inducements we offer, are we believe, sufficient to make it worth your while to use our Appliances.

If you have any cases of spinal trouble among your patients or know of anyone needing a spinal appliance, send us their name and address. Your communication will be held as confidential. In writing give us as much of a description of the case as possible. State if curvature exists, give age and sex of patient. We will then be able to enter into intelligent correspondence with them and refer them to you as our representative for measurements and treatment.

We wish to work hand and hand with the physicians and will welcome any suggestions or criticisms upon our methods or in the construction of our different forms of Supports.

IRRITATION OF THE SPINE.

How often people come to the doctor with the complaint of backache, general nervousness, neurasthenia, insomnia, unbalanced circulation, cold feet and hands, flushed face, indigestion, constipation and the thousand and one symptoms of spinal irritation. On examination a tender spot will be found at some place along the spinal column where a spinal nerve is suffering pressure. Put on some dry cups and supply your patient with our No. 1 Appliance to take the pressure from the spine, and you will overcome the difficulty at once.

CAN SPINAL CURVATURE BE CURED?

From our extended experience with spinal curvature, treating thousands of cases, we are confident that most cases can be cured, that is, the disease can be arrested even when ankylosis is present and the patient be made comfortable. In recent curvature in young subjects the spine can be straightened and an absolute cure made. The Appliance will give the needed support, relieving the strain on the muscles and ligaments which have been forced to do the work that should normally be done by the spinal column. When the weight of the upper part of the body is taken from the weak and deflected spine and placed on the hips, the muscles and nerves will then regain their tone and comfort and health returns. "A stitch in time saves nine." A Support should be used at the earliest moment possible. Massage and spinal gymnastics aid in toning the muscles, but a proper spinal appliance is the sine qua non in the treatment of all cases of spinal disease.

SPINAL APPLIANCES FOR OLD PEOPLE.

While spinal trouble usually begins in early life, we often meet curvature in old age and middle life. The application of the Spinal Appliance, No. 1, will greatly relieve these cases. It gives a firm support to the back and rests the spine. Physicians have written many times of the benefit received by their older patients.

SPINAL APPLIANCES FOR FLESHY PEOPLE.

Fleshy people cannot wear plaster or other cumbrous supports. Our Appliance causes no feeling of suffocation. The heart of a fleshy person is often weak. Our Appliance causes no pressure on the chest. It is light and cool. The Abdominal Support holds up the pendulous abdomen and is a great benefit in this particular.

TREATMENT WHICH ACCOMPANIES THE NO. 1 APPLIANCE.

Medical men realize that massage and special exercises can be used to advantage in connection with a proper form of support. Our company has compiled a book outlining a few exercises and we furnish a remedy which has proven useful in cases of spinal disease. If a patient is given some inunction to use he is more liable to practice the necessary massage than he is without something to "rub in." This will be sent with the Appliance in each case, but if you prefer your own treatment ours can be omitted.

EVERY PHILO BURT APPLIANCE MADE TO ORDER.

We wish to thoroughly impress upon the minds of the readers of this book the fact that each Appliance is made according to the **individual measurements sent us by the physician or person ordering.** When a description of a case comes to us it is considered very carefully. Notations are made and special directions given in regard to particular points of construction. If there are any points concerning which we are in doubt, or if we think some mistake has been made in taking measurements, we write for the correct information, preferring to wait before filling the order until we are sure we know exactly what the patient needs.

After the measurements of a person have been examined and we find them to be apparently correct, instructions are then given to a draughtsman who draws a special plan or pattern to meet the requirements.

When the plan is complete, the materials are selected and the Appliance made. If our experience shows us that we can in any way make the Appliance especially comfortable we do it.

When an Appliance is finished, it is critically examined before shipment to see that everything about it is right and that it meets the requirements of the case in every particular.

In impressing the fact that all Appliances are made to order and to individual measurements, we want no one to wrongly infer that there is a long delay in filling an order. Our facilities are such that once we have correct measurements we can turn out a perfect Appliance in a very short time.

COST OF APPLIANCE No. 1 AND SHELDON METHOD OF TREATMENT.

Occasionally we receive letters from persons actually suffering from spinal curvature who think our price of \$25 for the No. 1 Appliance too high. Doubtless they have in mind their immediate circumstances and do not consider the matter from every point of view.

It costs a good deal of money to get up the Appliance. We spare no expense in the materials. Nothing but the best and most expensive is ever used. We employ only the highest grade of labor. Each case is given careful and individual attention.

We spare no effort to produce the most satisfactory Appliance possible.

We prepay shipping charges when cash accompanies the order. On foreign orders we prepay charges to point of shipment from this country. We fully protect our patients by our guarantee, and we offer responsible references.

A PERFECT SPINAL APPLIANCE.

Simple in Operation—Perfect in Comfort.

DESCRIPTION OF APPLIANCE No. 1.

For Spinal Curvature, Pott's Disease of the Spine, and All Forms of Spinal Weakness or Irritation.

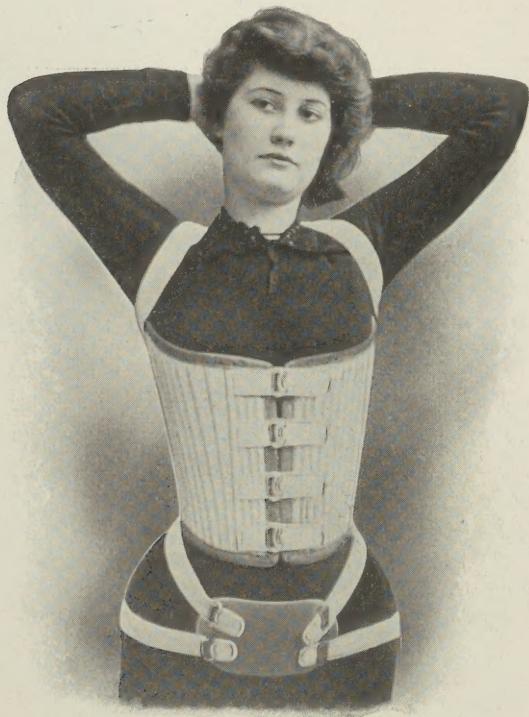


Back View Appliance No. 1.

Men have been working for generations to perfect an appliance which would properly support a weak and deformed spine, and yet be light in weight, cool and comfortable, with the pressure so evenly and correctly distributed that no chafing or soreness would result. Something which would cause the pull of one set of muscles to counteract the pull of another, thus assisting to straighten the figure. All appliances heretofore invented have failed in one or

more of these essential points. We know our appliance meets every requirement for support, lifting power, lightness, elasticity, durability and comfort. It is easily and quickly adjusted and removed and allows perfect freedom of the muscles, not permitting them to become atrophied by disuse. It is not a hinderance in working or exercising; is not noticeable under the clothing and adds symmetry to the figure.

Our No. 1 Appliance has been proven by the severest tests to be the best support ever invented for the correction of Spinal Curvature for removing the weight of the head and shoulders from the spine in case of Pott's disease and spinal tuberculosis. It takes the place of the



Front View Appliance No. 1.

old style plaster of paris, sole leather and steel braces, and while it has the strength of these braces and gives better support, it eliminates those things which have made these braces so objectionable. It is comfortable to wear and can be worn by the oldest adult or the youngest child without the slightest discomfort or inconvenience. The average weight is about 16 ounces, yet it is so constructed and the pressure it gives is so adjusted that it is strong and durable. When a projection is present on any part of the spine, one or more of the lacings can be omitted from the back stays and no pressure will come directly upon the projection. It is simple in construction, yet very effective. The spring steel back stays, softly padded, give

support to the spine, the same as splints to a fractured bone. The corset sides support the body firmly and the combined Appliance gives a lifting support, much the same as though some one were to place the hands under your arms and lift gradually. The constant uplifting support thus afforded is what is absolutely necessary to correct Spinal Curvature. The Appliance permits free circulation of air and is cool to wear even in tropical climates. Where its edges rest upon any part of the body they are cushioned and padded and there is absolutely no discomfort from irritation or chafing when properly adjusted. The shoulders are held in an erect position by the shoulder straps and the abdomen is supported by the abdominal pad. It is form fitting and will cause no inconvenience to women by pressing upon the bust as is the case with the old style appliances. An accurate photographic description of the Appliance is here given.



View Showing How Easily Appliance No. 1
is Put on and Taken off.

Price of Appliance No. 1, Transportation Charges Prepaid, \$25.00.

DESCRIPTION OF APPLIANCE No. 2.

For Stoop Shoulders, Weak Back and Weak or Heavy Abdomen.



Front View Appliance No. 2.

stays and passing around in front is so constructed and capable of such adjustment that a firm and constant lifting support is given to the whole abdominal region, removing that "dragging down" sensation and taking all strain from the weakened spine.

The straps are made of the best quality of mercerized elastic webbing so that perfect freedom of movement is allowed, yet there is strength enough to give the proper support. The back stays are made of finely tempered steel, and are light and pliable to the right extent, but have sufficient strength to give the needed support to the spine. These stays are treated by a special process which makes them impervious to perspiration or dampness from any cause, and are covered with soft leather, which adds to the strength of the whole Appliance and prevents chafing or irritation. They are laced together and rest on both sides of the spinal column and not directly upon it.

An Appliance which will hold the shoulders in a natural position, brace the spine and support the abdomen and do all of these things well, has been long sought for by thousands of men and women. Many supports have been invented, but nothing has ever given as complete satisfaction as our Appliance No. 2.

It is a shoulder brace, a rest for the spine and an abdominal support all in one, and as any one of the troubles for which it is intended is usually accompanied by, or soon brings about the others, it is evident that ours is the one perfect support, since it affords relief from all three.

By the use of this Appliance the shoulders are held erect but in an easy and natural position and are not drawn back and held so tight that they restrict the movements of the body and hollow the back. The spine is supported by the two steel back stays, the strap passing around the body just above the waist line holds them firmly against the back, thus affording instant and continuous relief. The abdominal support attached at the back to the lower ends of the



Back View Appliance No. 2.



Front View Appliance No. 2.

NOTE—SOME PEOPLE WHO HAVE SPINAL CURVATURE WRITE US AND ASK IF OUR **NOS. 2 OR 3** APPLIANCE WILL NOT SERVE THE SAME PURPOSE AS OUR **NO. 1** APPLIANCE. WE REPLY EMPHASITICALLY, THAT IT WILL NOT. IN CASES OF SPINAL CURVATURE IT IS ESSENTIAL THAT THE BODY, FROM THE ARM PITS TO THE HIP BONES, BE SUPPORTED ON ALL SIDES IN ADDITION TO THE BACK SUPPORT. APPLIANCE NO. 2 IS DESIGNED ESPECIALLY TO CORRECT STOOPED SHOULDERS AND STRENGTHEN WEAK BACKS AND WEAK ABDOMENS, AND IS NOT INTENDED FOR SPINAL CURVATURE. WE WISH IT CLEARLY UNDERSTOOD THAT EACH OF OUR APPLIANCES IS MADE FOR A DEFINITE PURPOSE AND TO GET THE BEST RESULTS SHOULD BE PUT TO THAT USE ONLY.

OF COURSE, IF IT IS IMPOSSIBLE TO ORDER APPLIANCE NO. 1, OUR **NOS. 2 OR 3** WILL UNDOUBTEDLY DO A GREAT DEAL OF GOOD, BUT FOR SPINAL CURVATURE, NO OTHER APPLIANCE WILL COMPLETELY TAKE THE PLACE OF NO. 1.

In spite of the fact that the Appliance is a perfect brace, it is, in construction and appearance, simplicity itself. There are no troublesome under straps to chafe and vex, no metal or nickelized parts to break or rust, no giving away of cheap webbing or bands, and nothing that will in any way cause inconvenience or discomfort.

All the straps are adjustable and the pressure can be regulated at will, the Appliance being made larger or smaller as desired. Each one, however, is made in strict accordance with the measurements and description given for the individual case. We claim, and our claim is backed by thousands of testimonials, that we have the only scientific appliance which is practical, can be worn by both men and women, by the smallest child or the oldest adult, and which will in no way interfere with the movements of the body or hinder in your work. Men and women in every walk of life are wearing this Appliance for stoop shoulders, weakened and tired spine and weak abdomen. Laborers in the field or factory, people who lead sedentary lives; mechanics, clerks, stenographers, bookkeepers, in fact all whose vocation causes them to become stoop shouldered or to have weak back or abdomen, have found the No. 2 Appliance to be a perfect support.

Price of Appliance No. 2, transportation charges prepaid, \$6.00.



Back View Appliance No. 2.

DESCRIPTION OF APPLIANCE No. 3.

For Stoop Shoulders, Weak Back or Heavy Abdomen.

Corset and Body Support Combined.

To meet the demand of many lady patients for a body support that can be combined with a corset, we have made our No. 3 Appliance, which is here illustrated. The Appliance resembles the No. 2 but there is no waist strap and in its place the corset is attached. The steel back stays are laced into the corset, forming a neat Appliance and making a combination shoulder brace, spinal and abdominal support.

Where corsets are worn we strongly recommend our No. 3 and guarantee it to be a perfect support. **The regular price is \$6 where the patient furnishes the corset. When it is supplied by us we make an additional charge of \$1.50, furnishing a good strong corset.** We advise that the



Front View Appliance No. 3.



Back View Appliance No. 3.

purchasers send us a corset of the size, style and make they have been wearing or prefer. To this corset we will properly attach the Appliance and perfect satisfaction is then assured.

A study of the illustrations will show that this Appliance is correct in principle, neat in appearance and will make almost any figure shapely.

This Appliance is furnished in white leather and with white webbing to correspond with color of corset.

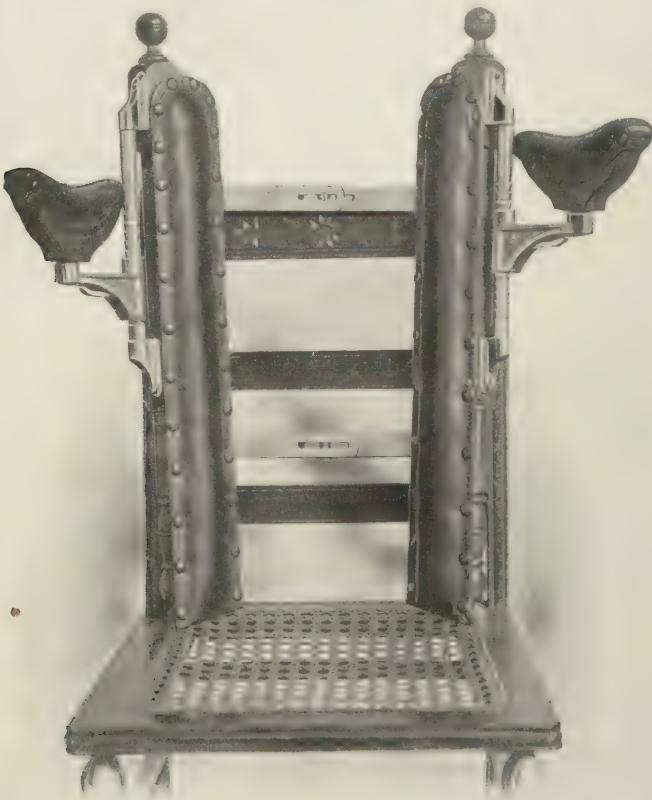
Price of Appliance No. 3 when corset is furnished by purchaser, transportation charges prepaid, \$6.00. When corset is furnished by us the price is \$7.50.

DESCRIPTION OF APPLIANCE No. 4.

Designed for Extreme Cases of Spinal Curvature and Pott's Disease.

In extreme cases of Spinal Curvature or Tuberculosis, or where the patient is unable to move about and can only rest in a sitting or reclining position, our No. 4 Appliance is recommended. This Spinal Extensor, was made to meet the demands of such patients and has given great satisfaction in these cases.

No apparatus of this kind has ever before been constructed. It is absolutely unique. It consists of a light framework of steel and wood, with swinging, crutch-like supports which fit under each arm, the purpose of which is to extend and take the weight of the upper part of the body from the tender, weak and deflected spine. A ratchet-like arrangement permits these supports to be made lower or higher, so that by shortening one side and lengthening the other a curvature may be corrected while the patient is comfortably resting.



Appliance No. 4. Extensor.

This support is used by those suffering from spinal disease to such an extent that the vertebrae have broken down and abscesses formed. It is being used with comfort by hundreds of patients of this kind, many of whom were practically helpless. It is portable and can be placed on any kind of a chair, a carriage seat, a piano stool, in bed or in a car seat. It is especially adapted for use in a wheeled invalid chair. We do not require measurements for this support. State if for man, woman, or child.

Price of Spinal Extensor, transportation charges prepaid, \$25.00.

DESCRIPTION OF APPLIANCE No. 5.

The Best Abdominal Support Ever Made.

Our Lift-Up Supporter or No. 5 Appliance is a support for a weak and protruding abdomen. It gives a firm but gentle pressure that holds the internal organs in a natural position.

The accompanying illustrations give an excellent idea of its appearance properly adjusted. It is constructed of the very best mercerized elastic webbing; the buckles are nickel plated and are so made that they can be worn under the clothing and will not catch or pull on the under garments. The abdominal pad is of heavy canvas nicely covered with mercerized jean and bound with silk. The four back stays which give a firm support to the spine at the small of the



Back View Appliance No. 5.



Front View Appliance No. 5.

back and offer a counter pressure to the abdominal pad, are covered with leather carefully selected with a view to softness and durability. The whole support will not exceed on an average five ounces in weight, yet it is so well constructed and the material is of such excellent quality throughout that it will wear for years under a constant and heavy strain. It is recommended by the medical profession to be superior to any abdominal supporter ever invented. It stays in place perfectly without the use of shoulder or under straps. The back stays,

through which the hip straps are fastened, hold the abdominal pad in position. All straps and the stays are adjustable so that the pressure can be regulated to the comfort of the wearer.

By the use of this support a weak and protruding abdomen may be held in a natural position, easily and without discomfort. It gives a lift-up support that no other appliance does; gives graceful curves to the form and tends to reduce the size of too large hips. It is light, cool and comfortable to wear, easily adjusted and cannot be noticed when worn with the ordinary clothing.

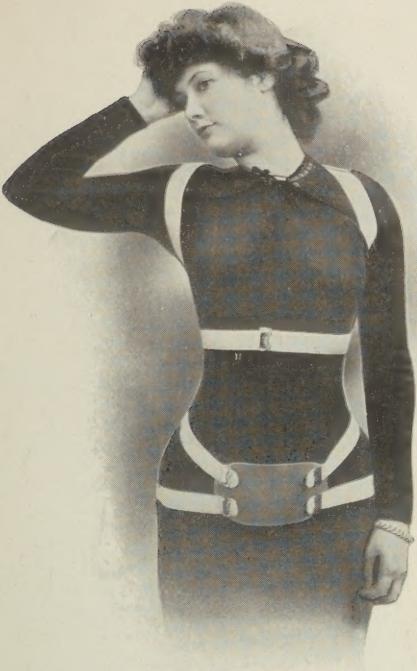
We furnish understraps with this Appliance at no extra expense, if required.



Side View Appliance No. 5.

This Appliance is especially adapted to the use of women during pregnancy, which fact should be mentioned in ordering.

Price of Appliance No. 5, transportation charges prepaid, \$5.00.



DESCRIPTION OF SPECIAL APPLIANCE No. 6.

A Combination of Appliances No. 2 and 5.
For Supporting Weak Spine and Abdomen.

In response to the request of many of our patients we have made a combination support of our No. 2 and No. 5 Appliances. It is often found that a weak back, stooped shoulders and large, protruding abdomen exist in the same case. Our special No. 6 Appliance corrects all of these troubles at one time, and is meeting with great favor.

Front View Appliance No. 6.

We show here the front and side views of this Appliance.

It is made of the same high grade quality of material as our standard Appliances and is guaranteed in every particular. It can be furnished in combination with a corset the same as our No. 3 Appliance, at a price of \$8.00 where corset is sent by purchaser.

**The price of Special Appliance
No. 6, transportation charges
prepaid, \$8.00.**



Side View Appliance No. 6.

WE WISH YOUR CO-OPERATION.

We wish to recapitulate, and emphasize the fact that we work with the physician for the patient's benefit, that we appreciate the importance of your aid and advice and desire your favorable opinion of our Appliances and methods. Please pay particular attention to the accompanying letter of our Vice President, who being himself a physician, is particularly anxious that his professional brethren be fully satisfied, not only with adequate compensation for professional work, but that the Appliances used will be the best possible in workmanship, material used and general adaptability for the case in hand. We again earnestly ask your co-operation and friendly criticism. If there is anything we can do to improve the construction of our Appliances in your opinion, do not hesitate to let us know. We simply request you to try our Appliance and tell us what you think of it. We have submitted it to hundreds of the profession with the universal verdict, that in theory and practice, there is no form of Support equal to the Philo Burt Appliance.

TAKING THE MEASUREMENTS.

In giving distance for length of back, measure from the second dorsal to a line one inch below the coccyx. Measure around chest just under arms, rather loosely to allow for inspiratory act. In females who have large mammary glands, the measurement just over nipples should also be given. Around the waist just over umbilicus. Around the abdomen just below rim of pelvis. The measurement of left and right sides should be made as follows: If possible the patient should stand, heels together and erect. Measure from anterior axillary fold to rim of the pelvis. When first worn the Appliance will seem a little stiff, with use it will become perfectly comfortable. If the measurements are taken strictly according to these directions and as given on the blank we furnish, we anticipate no difficulty in making a perfect fitting Appliance. The No. 1 Appliance corrects curvature better than any form of plaster, sole-leather or steel brace ever invented. The other Supports illustrated will meet fully the purpose for which they are designed and will give greater satisfaction than any other form of brace. You can assure your patient that where one of our Appliances is worn there will be no outward sign that a Support of any kind is in use. The above mentioned measurements should be taken over a light undervest, and the patient should wear an undervest with sleeves to prevent soiling the Appliance with perspiration. If this is done our Appliances can be worn for a great length of time before needing repairs. For this reason, and the fact that all material used in the construction is from selected stock, made especially for us and by us, makes the price of the Philo Burt Appliances very reasonable. For all of the above reasons, we ask that you treat your own patients, save them traveling expenses to specialists and have them under your own watchful eyes.

We ask your co-operation and can assure you that it will be appreciated.

A trial of one of our Appliances will convince you of the truth of all statements we make.

PHILO BURT MFG. CO.,

Jamestown, N. Y., U. S. A.

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